

## InfoNOW news 5 November 2021

### News

#### Virtual InformationNOW Drop In Sessions

Would you like to speak to us to find out more about how to register your organisation, or login to update your information?

We are going to run a monthly virtual drop in session on the third Friday of the month from 10 am to 12 noon. The idea is that we can share screens and look at your information together to make sure we have the most up to date information about your service, so we can tell everyone about it and signpost people to you. Starting on 19th November 2021.

Interested? Contact: [InformationNOW@newcastle.gov.uk](mailto:InformationNOW@newcastle.gov.uk)

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#### Remembrance day ceremony, 14 November

Every year people from across the city come together on Remembrance Sunday to remember the service and sacrifice of our Armed Forces, veterans and their families. In Newcastle there there will be a full military parade through the city which will include serving armed forces personnel and veterans and will set off from the Civic Centre as is tradition. The civic procession will depart from the Brunswick Methodist Church as in previous years, but there will be no access to the church. The Service of Remembrance will be held at the War Memorial in Old Eldon Square. Members of the public wishing to attend are encouraged to observe Covid secure measures and note that all arrangements are subject to change should COVID restrictions be introduced.

More information will be available from Newcastle City Council next week.

The [Commonwealth War Graves Commission](#) are asking you to participate in a global conversation What does Remembrance mean to you?. Go online and share your memories or views.

Want to organise an act of Remembrance? the [British Legion has some information](#) to help you.

The National commemoration will take place on Sunday 14th November and will be televised.

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# How to future-proof British gardens in the face of a looming water crisis

This week, COP26 is taking place and it is an opportunity to think how we can make a difference. We are now fully aware that we face a climate and biodiversity crisis, and that every effort counts. As gardeners there are choices that we can make to help become water neutral:

1. Use a water butt: Store rain water for use during dry spells and reduce flooding in wet periods. Plants prefer rainwater too, but use it on established plants rather than seedlings
2. Adding home-made compost to soil: Autumn and Winter are the peak times to make compost. Healthy soil holds more water so plants suffer less from drought
3. Choose the right plant for the right place: [Find a plant](#) to match to your garden environment
4. Swap paving for plants: de-pave an area and fill it with plants and mulch to slow down runoff and encourage infiltration. Mulches help soil retain moisture in summer, rain to penetrate the soil in winter, prevent weeds from growing and protect the roots of plants in winter.
5. Choose permeable paving rather than hard landscaping: Slow down runoff, reduce flooding after high rainfall and help in Greening Great Britain. Options include: gravel, permeable concrete block paving or porous asphalt and do not require planning permission if the water is directed to a lawn or border to drain naturally.

InformationNOW has an article on [gardening and health](#)

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## November

[Movember](#) is here once again. An opportunity to raise awareness about men's health. From prostate cancer to mental health and testicular cancer to suicide prevention, the Movember movement is about opening up channels to talk about men's health and remind men to go to a GP and talk about their worries. To support the campaign you can grow a moustache and donate; host a mo-ment and take on a challenge or run.

InformationNOW has articles on: [suicide](#), [support groups](#), [cancer](#) and [mental health](#).

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## Opportunities for Action

### Feeding Families Christmas hampers

[Feeding Families](#) is open for applications for Christmas hampers for families and individuals in need. Maybe you know someone, in touch with your organisation, that needs one? Applications can be made in two ways:

- The person can apply directly on their website – this can be done with your support. The person will need to be able to communicate directly with the FF volunteer who will deliver the hamper, by phone, text or email and the application must only be done with their consent. The

person should be on benefits, but not have a high level of vulnerability and must be able to understand the instructions for participation. Any families you can put down this route will get a much bigger hamper including fresh meat and vegetables and everything needed for a Christmas dinner. The average cost last year was £60. Applications are open until 30th November.

- You can make a bulk request for a number of Christmas treat boxes. These will contain non-perishable foods and can be collected from a hub on or before 15th December (they will inform you when your collection is ready). When doing this you can state a minimum and maximum amount of boxes you can use. They will do their best to supply the higher end however this will depend on the donations they receive. The contents of the box cost approximately £30. Applications for this route are open until 12th November.

You can Sign up either as/for an individual or for an organisation

Donors will match the request and the individual/family will receive a text to confirm the date of delivery. Not everyone will be matched. Feeding Families will be supporting people across Newcastle, Durham, Teesside, but check their website for postcode areas.

You can donate a hamper after 15 November. You can [donate money](#) to support this initiative.

Please note that Feeding Families do not have our own transport, so you will need to make bulk collection arrangements for the full amount of your request. As a guide, an average sized car can carry about 20 boxes.

Please get in touch if you would like to [manage a food collection for Feeding Families](#) through people you know, your business or from the general public.

InformationNOW has articles on: [food banks](#) and [free or cheap meals](#).

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## Digital Reality Workshops

[Better ConNEcted](#) want to know what your concerns, issues and experiences of digital inclusion at the moment are.

They would like to invite you to run a short and simple session with your communities to hear their thoughts on the following themes:

- access to devices
- digital skills & online safety
- connectivity and access to data
- online accessibility

You can run your session however you choose and for however long you want. It could be 15 minutes, it could be an hour or more. Only discuss the themes that feel most relevant to your group. You do not have to explore all 4 themes.

For each theme you cover, please answer these 2 questions:

- what is your experience of [insert theme] right now?
- how could it be better?

If you run a session or have a conversation about this, please provide them with feedback from the session **by Friday 10th December**.

## Sending feedback

Please email [betterconnectedne@gmail.com](mailto:betterconnectedne@gmail.com). You can send responses in the following formats:

- rough type up in an email or Word document
- photos of written work (mind maps or post-it notes etc)
- video recording of online session (this will be transcribed and deleted as soon as possible by a member of the Better ConNEcted team).

All responses and participants must be kept anonymous. Feedback **must not** include any identifying information including names, addresses or any other contact details, places of work or education.

## How they will store your feedback

All feedback will be stored in a password protected Google Drive folder. We will not share these with anyone outside of the Better ConNEcted development team without your express permission to do so.

Any video recordings will be transcribed as soon as possible, ensuring participants are kept anonymous. The original recordings will be deleted as soon as they have been transcribed. Your feedback will be used to help Better ConNEcted to design it's strategy and actions so that the campaign is meeting the needs of the region. Some quotes may be used on our website and in resources/campaign materials. Any quotes used will be kept completely anonymous.

Organisational feedback will be stored for a maximum of 3 months at which point it will be completely anonymised.

If you have any queries or concerns, please email Anya Bonner or Carrie Rosenthal at [betterconnectedne@gmail.com](mailto:betterconnectedne@gmail.com) or by calling 07762 946 970.

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## Urban Green Connect Panel

[Urban Green Newcastle](#) are looking for new members to join the Urban Green Connect panel. Ideally they are looking for young people aged 18 to 25 years and more representation from minority ethnic communities.

The panel's purpose is to advise us on how Urban Green can most effectively reach out to local communities and make sure that parks and allotments are used and enjoyed by as many people as possible.

InformationNOW has articles on: [parks, gardens, forests and woodlands](#)

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## Money Matters – be aware of fraud and unexpected costs

Counting down to Money Talks Week we have a few more tips on managing your money and avoiding scams and fraud.

### Loan Sharks

Need to borrow money? Check that the person you approach or approaches you is registered with the [Financial Conduct Authority](#). Remember, if there is no paperwork then they are probably a loan shark. Your costs may escalate unexpectedly and long term. Already in debt? Speak to a [debt advisor](#) and contact those organisations you owe money to. They can help. [Credit Unions](#) are a much safer option if you need money quickly, say your washing machine broke down. If you are in debt with a loan shark contact [Stop Loan Sharks UK](#). [Listen to three compelling life experiences on our News podcast](#).

### Charity fraud

We like to think that charities are exempt from fraud. Unfortunately, In the last financial year, charities made over 1,000 reports of fraud and cyber crime to [Action Fraud](#) totalling losses of over £8 million. One area of concern is slamming. This is when broadband/telephone service is transferred to a new phone company without your knowledge or consent. Using a phishing or other scam, the account details have been hijacked. This enables fraudsters to access your account/donations whilst the charity cannot access their own data or use their phone line or internet access..

The Fraud Advisory Panel has set up [Prevent Charity Fraud](#) and has a number of useful resources including top tips on cyber security:

1. back up your organisation's data correctly
2. protect your organisation against malware
3. keep the devices used by your employees secure
4. create strong passwords
5. defend your organisation against phishing

Sign up your charity to the fraud pledge.

### Shopping costs

When you shop online, check where the company is based. If it is not UK based, now that we have come out of the EU, there may be additional costs for [your goods/products before you can take delivery](#). There are four charges that you may be liable for:

- Import VAT
- Import Duty
- Excise (alcohol and tobacco)
- Handling fees from the delivery company (now that they have to go through customs)

Why not buy British or buy local?

### **Fraudulent endorsements by celebrities**

Social media had enabled a range of fraud. This includes fake adverts showing endorsements from celebrities, such as Esther Rantzen, Judi Dench, Ed Sheeran to name a few. Check the individual website and be wary. Once you spend, you may find there is no product or a poor product being offered.

### **Emails from unknown senders**

Received an email which you're not quite sure about? Is it asking you to login to your account or maybe to "confirm" your payment details?

If you are suspicious, you should report it by forwarding the email to: [Report@phishing.gov.uk](mailto:Report@phishing.gov.uk)  
Don't follow the link.

InformationNOW has articles on: [cyber scams and fraud](#), [consumer rights](#), [fraud and scams](#)

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## **Research and Reports**

### **Prosperity and justice after the pandemic**

A [new report from the IPPR Policy Think Tank](#) analyses the recent Budget and recommends that power needs to:

- be shifted to employees and workers, from employers and shareholders.
- be shifted to companies that work in the interest of society from those that extract from society.
- shift to those who are locked out of wealth from a system that has locked up wealth.
- be shifted to the nations, regions, and towns of the UK from Whitehall.

Want to take part in a COP26 fringe webinar as part of the overall event? There are two free workshops taking place online and in person on 12th November. [Putting people, communities and place at the heart of a global transition to a net zero future](#)

### **LA7 leaders' statement on COP26 climate summit**

Council leaders across Northumberland, Tyneside, Wearside and County Durham, as well as the North of Tyne Mayor and Police and Crime Commissioner for Northumbria, have issued a statement ahead of the COP26 climate summit taking place in Glasgow.

[Read the statement in full here.](#)

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## **People in mid-life most pessimistic about ageing**

The survey, 'Reframing Ageing', conducted by Savanta ComRes, found that while the majority of over 70s feel positively about ageing, that drops to just two in five of people in their 50s and 60s. Men tend to be more positive about ageing than women, highlighting the 'double jeopardy' of sexism and ageism that women face as they age. Over half of adults in England believe that the UK is ageist. This is reflected in the language used to describe older people. The research shows a clear appetite among the public for a new way of talking about ageing – seeing growing older as a lifelong process, and recognising the opportunities as well as the challenges of ageing and later

life. [Read the report](#) and if you want to share you

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## Resources and training

### The Yorkshire, Humber and the North East Health Stream of Sanctuary events, 24th November 2021

Two events are being held to widen learning and understanding about the needs and concerns of sanctuary seekers.

One event aims to support City of Sanctuary Groups and Health Practitioners to develop and share good practice in inclusive health care for sanctuary seekers. Round table event chaired by City of Sanctuary UK Trustee Jeff Morgan. [To register for session 1](#)

In the second session they will look at some of the problems people face in getting help for mental distress and trauma and explore ideas for making things better. [To register for this session](#)

[Mental health resource pack](#)

[Newcastle is a recognised City of Sanctuary.](#)

InformationNOW has an article on [support of asylum seekers and refugees](#)

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## Suicide Prevention Grants 2022/2023

The North East and North Cumbria Integrated Care System wants to prevent all suicides. The Network includes a wide range of organisations from across the region working in partnership with people with lived experience of self-harm and suicide to help meet a number of aims including: reduce self-harm, reduce the stigma of self-harm and suicide and increase support for those who have been bereaved by suicide.

National suicide rates are reducing slowly; however they remain highest in the North of England. Suicide is known to be a higher risk in some groups of people, for example for people in mental health services and it is the leading cause of death in males aged 20 to 49. There is an increased risk of suicide in families of people who die by suicide. Self-harm is also a known risk factor for suicide and is particularly high in younger age groups and women.

They anticipate allocating between 6 to 12 grants, with a decision made by a partnership panel in early January 2022.

Managed through [Blue Stone Collaborative](#), read more about the grant and how to apply on [Bluestone Collaborative's website](#)

InformationNOW has an article on [suicide and self-harm](#)

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# Events and Activities

## New entries on InformationNOW

### November

[Hazelrigg Walking Group](#)

[Milecastle Meet ups start 17 November 2021](#)

[Loan Shark Awareness training 23 November 2021](#)

[Do you understand credit unions training session 10 November 2021](#)

### December

[Patient Carer Engagement meetings with the Clinical Commissioning Group/NHS](#)

[How to make a Water Colour Collage with GemArts](#)

# Updates on InformationNOW

## Articles Updated

[Support Groups](#)

[Fitness activities](#)

## Organisations Updated

- [Feeding Families](#)
- [North Tyneside Carers Centre](#)
- [Prevent Charity Fraud](#)
- [English Unlocked](#)
- [Riverside Community Health Project](#)

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Last updated: February 25, 2022

## Recent Newsletters:

### [Friday 22nd March 2024 InfoNOW News](#)

InformationNOW Did you know you can get directions to an organisation with one click from an organisations page? Did you know you can change the website into over 100 languages? Did you know you can find informa...

### [InfoNOW News Wednesday 6th March 2024](#)

InformationNOW Updated User dashboard When you log into your dashboard as an organisation, you will now see a message 'Please send us your events using this form'. Clicking on the 'this form'...